



Research to help make the Autism Health Roadmap: What we did

Easy Read

March 2024



How to use this document



Autism CRC wrote this document.



We wrote this document in a way that is easy to read.

We use pictures to explain some ideas.



We wrote some words in **bold**.

Bold means the letters are thicker and darker.

We explain what the bold words mean.



This document is a summary.

A summary is shorter than the full report.

This means it only includes the most important information.



If you have any questions about this document you can email us at

info@autismcrc.com.au

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Why we did this work



The Australian Government is making a Roadmap to Improve the Health and Mental Health of Autistic Australians.

We call it the Roadmap.



The roadmap is the government's plan to make things better. It says what needs to be fixed, how and when the government plans to do it.



The Roadmap will help Autistic people's health and mental health.



There is not a lot of information about some groups of Autistic people.



The government wanted to know about the needs and experiences of these groups:



- people who need a lot of help because of their disability



- people who need help to communicate



- people who are Aboriginal or Torres Strait Islander



- people who speak another language, or who come from another culture



- LGBTIQ+ people



- women and girls



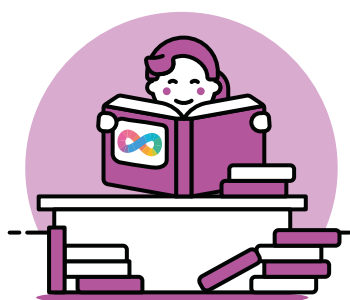
- people who live far away from cities and towns



- people who do not have much money.

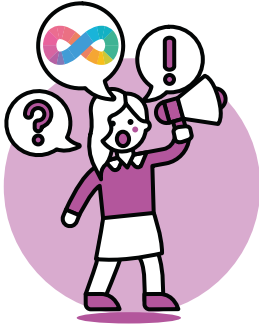


Autism CRC and Griffith University did some **research**.



Research is when people do work to find things out and to understand what things mean.

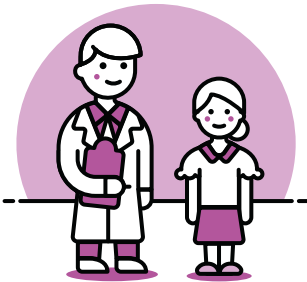
What the research is about



We wanted to know what Autistic people and other people think about:



- health services



- health workers



- mental health services



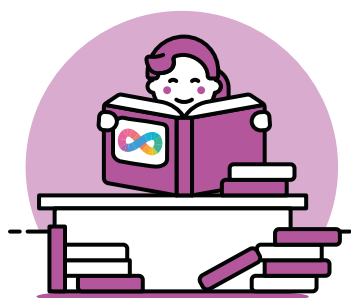
- mental health workers.

How we did the research



1. We asked some Autistic people, families, and people from health and disability organisations to help us. We call them a **reference group**.

A reference group is a group of people who come together to say what they think is important for the project.

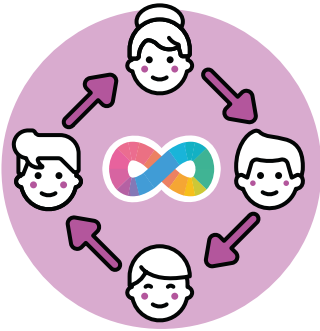


2. We read other research about Autistic people and did a **secondary analysis** on it.

A secondary analysis is where you do more research on information.



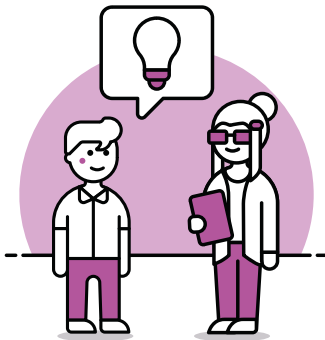
This information came from almost 5,000 Autistic people, families, carers and health professionals.



3. We did **co-design** workshops.

Co-design is when you work together on a problem with different people who have different skills.

We did these with 51 Autistic people, parents, carers, health professionals and people from organisations.



4. We did **focus groups** and **interviews**.

A focus group is when a group of people meet to talk about their experiences and opinions.



An interview is when you are asked questions by a person.

We did these with 107 Autistic people, parents, carers and health professionals.



5. We hosted a Co-design **Summit**.

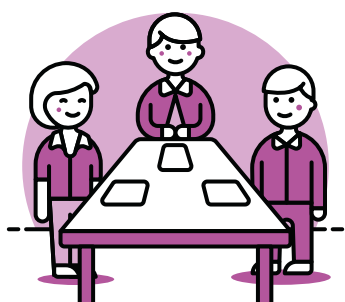
A summit is a big meeting where people talk and solve important problems.

We did this with more than 60 Autistic people, parents, carers, health professionals and people from organisations.

Next steps



Autism CRC gave this information to the government.



This information will help the government decide what should be in the Roadmap.

Word list

Research

Research is when people do work to find things out and to understand what things mean.

Reference group

A reference group is a group of people who come together to say what they think is important for the project.

Secondary analysis

A secondary analysis is where you do more research on information.

Co-design

Co-design is when you work together on a problem with different people who have different skills.

Focus group

A focus group is when a group of people meet to talk about their experiences and opinions.

Interview

An interview is when you are asked questions by a person.

Summit

A summit is a big meeting where people talk and solve important problems.